

Holiday Safety

Guide to ensure your child is
confident in and around water
this Summer.

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SWIMMING
NATURE



Learn To Swim Correctly

ABOUT WATER CONFIDENCE

Summer is a time when every parent wants to enjoy their holiday safe in the knowledge that their children are confident in or around water. At Swimming Nature we believe your child's safety is paramount, whether they are learning to swim naturally with us or not. To help you and your family have fun and be safe for summer we have prepared some useful tips and advice.

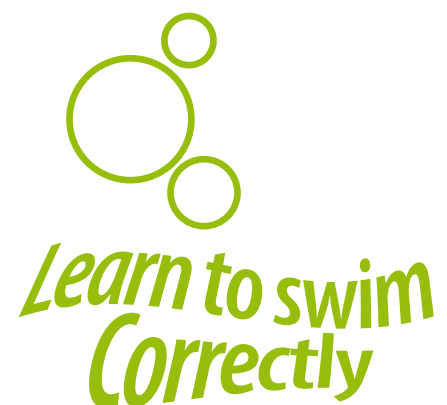
The tips provided will give you some basic advice to help your child gain basic water confidence and get your child ready to learn to swim correctly from day one. A confident child is happy in the water and will be able to build up a basic understanding of the environment. The main aim of building up water confidence is to prevent fear, which can lead to panic – the most common cause of drowning. By teaching your child about the properties of water you can help to reduce or eliminate this fear by showing them how to be safe and also have fun with water. This can be as simple as introducing splashing and bubble blowing during bath time!

Once your child has built up basic confidence in moving, jumping in and submerging in shallow water, the next step is to learn how to support themselves by floating or basic propulsion. Learning in any discipline is a gradual process and must be properly structured in order to be effective. A good example is the construction of

a building – you must start at the bottom with strong foundations and build up. Some traditional methods teach children to “swim” a few metres before they are fully in control of their movement in the water. This approach is outdated and can give the false impression to parents that their child is a safe swimmer.



Once your child is confident and can comfortably adopt the correct position in the water they are ready to begin to learn swimming strokes. The recommendations in this report aim to help parents to build up the “healthy” relationship your child needs to have with the water in order to be safe. We believe this is the correct way for any child to stay in control when in the water. This water confidence will ensure they are able to adapt and remain safe in the water.



LEADING BY EXAMPLE

As a parent, you are the closest person to your child. Demonstrating your own enjoyment of water is essential. Why not take them to your local pool or health club and... play. You can even do it in the bath at home.

Show them how much enjoyment you can get from the water. Wet your hair and go under the water yourself before asking your child to do it. Get a jug or a watering can and gently splash some water over your child's head.

Use a hand shower as a great way of getting your child to be familiar with having water on their head.

During your holidays having water on their face will probably be unavoidable, but above all it can be refreshing and enjoyable. A good tip is to try to pretend that you are using some shampoo and ask them to wash their hair by themselves.



GET THE BASICS RIGHT

If we look at some of the basic principles of learning to swim, there are many practical and fun ways you can introduce them to your child.

BASIC MOVEMENT

It is always a good approach to entice children to do things by themselves through whatever story you (or they) decide to introduce. Use your imagination and encourage them to try moving through the water in different ways such as running, hopping and jumping. Be creative! You can use fun games and songs such as "Simon says", "If you're happy and you know it" or "copy cat". You both will have a great time! Be prepared to get wet yourself as it may be part of the game. And don't tell them off – have a laugh together! It will be worth it.



BLOWING BUBBLES

Making sure your child **only** breathes in through their mouth will avoid the horrible sensations which arise from accidentally sniffing the water. Ideally, your child should be able to breathe out through their nose and mouth. This type of co-ordination can be taught with games such as:

- 1 Holding their breath.** Closing their mouth tight before gently dipping their face into the water and then...
- 2 Blowing candles.** Sing happy birthday and pretend to blow out the candles.
- 3 Imaginary tissue.** Blowing hard through their nose onto the surface of the water. Ensure they have their mouth closed and the bubbles come from the nose.
- 4 Humming** a favourite tune while having their face out of the water and gently moving their face into the water while humming to produce bubbles.
- 5 Talking,** singing or even shouting into the water. Which of these creates the biggest bubbles? Can you hear them in the water?

OPEN YOUR EYES

Play treasure hunt – simply “hide” any sinkable object (preferably a colourful and attractive toy) under water. Ideally start in the bath and transfer the game to the pool when you feel it is the right time. You can gradually start with their head out of the water but then try to apply the breathing principles mentioned on page 4. Obviously the aim is to get the child to go under water and open their eyes to collect the item.

Getting your child to put their face in the water is such an important stage that there is nothing wrong in using goggles to begin with. One suggestion favoured by some parents is to “forget the goggles” one day, particularly during the holidays. The general excitement should be greater than the loss of the goggles.

JUMP IN

You can start by sitting the child on the pool side and then get them to stand up or play “rocket blast off”. Make sure you support them if they are not yet confident as they need to know that you are there to help them.

Once standing up, make sure your child will curl their toes over the edge of the pool prior to jump to reduce the risk of slipping. A few games children love are:

- 1 Humpty Dumpty.** Sitting on pool side with legs over the edge. Sing the song and encourage them to push away from the wall into the water. Progress to standing and gradually reducing the amount of support you are giving by asking them to ‘jump up into the water’. Build up the confidence from there until they can jump by themselves.
- 2 Jumping** over the bridge – while in the water, you will move your arms side ways in front of the child so the child can jump over your arms.
- 3** Same as above but as a crocodile, elephant, etc, Again be creative and make sure you are ready for anything! This could be a simple slip or your child jumping in on top of you.

For safety, make sure your child jumps **away** from the pool side not just into the water. Teach them to always check there is no one in the water before they jump in to avoid any collisions. Encourage them to get straight back to the poolside as soon as they have jumped in, with your help if necessary.

FLOATATION

One of the biggest achievements is to get your child to float. It is not easy though. The head defines the position of a child's body in the water. That is the reason why you can only get someone swimming properly if they are confident and relaxed floating in the water. That is when you know the child is in control and able to be safer in the water. Floatation forms the basis for **all** swimming strokes.

1 Standing up. Before your child can float confidently they need to feel in control when their feet are off the ground. The easiest way to do this is to teach them to regain their feet after a short float with your help.

If they are floating on their back ask them to 'sit down' in the water, putting their chin down on their chest. Whilst on their front you can ask them to tuck their knees to their chest and lift their



head out of the water simultaneously.

2 Floating front. With the face in the water try to count to ten, keeping their face in the water looking downwards and slightly forwards (around 45 degrees). The water should be hitting the "hair line" and the body should naturally find the right buoyancy. Legs should be nice and straight and ideally no movement should be done whatsoever. The great terminology to use that really works as part of our games are aeroplanes, e.g. open your wings (arms); fill it up with petrol (breathing); and take off (feet off the ground).

3 Floating back. This is **really** helpful for safety purposes. It follows the same principle as the front floatation but obviously on their back. Ears in the water, "wings wide open" (helps to keep their balance), hips up (you can give a little support there) and ensure their feet are kept under water.


*Learn to swim
Beautifully*



UNDERWATER PROPULSION

Even though the best way to “swim” is through a recognised stroke, swimming underwater is a great way of naturally acquiring the sensation of moving through the water and understanding the idea of buoyancy and “catching” the water.

- 1 See what distance your child can swim underwater. Ensure you are right near them when coming back to the surface and try to stretch gradually the distance they are achieving.
- 2 From the idea of the “treasure hunt” on page 5, move the object slightly further away and

Famously called “the rocket” at Swimming Nature, the face must be the first thing in the water with arms stretched over the ears on both side and hands forming a point. Lean forwards, hips will lift up, feet positioned on the wall and a good push allowing the body to glide as far as possible.




*Learn to swim
Perfectly*

FIND PROFESSIONAL ADVICE

If you are serious about your child gaining water confidence and learning to swim naturally, then we recommend you seek professional advice. If you require any further information or would like details on our tuition packages then please call 08700 94 95 97, email info@swimmingnature.co.uk or visit swimmingnature.co.uk.



MORE THAN SWIMMING

Swimming Nature has a different view of what it means to swim. For many the understanding of swimming is simply being able to move through water.

Swimming Nature thinks differently. Swimming is about moving through the water effortlessly in the correct manner.

The importance of this is paramount for the swimmer's safety, health, fitness, and wellbeing. We ensure our instructors are up to date with the latest world developments in stroke mechanics and we use our specialist teaching methodology to introduce them to you and your family.

The results are superb strokes and faster achievements when learning to swim.



PEACE OF MIND

Swimming Nature has over 10 years' experience in providing lessons while educating students and parents how best to swim. We focus on the importance of instructor training and the adherence to professional guidelines and protocol, all of which will bring peace of mind when choosing where to learn to swim:

- Dedicated organisation focusing solely on swimming.
- Teaching methodology with a recognised reputation with parents, students, universities and fellow academics.
- Unique and easy to follow teaching programme for parents, students and instructors alike.
- Fun award system to encourage further learning at home.
- Flexible booking allowing customers to choose their preferred time.
- Personalised tuition with instructors in the water.
- Different group sizes to suit customers' budgets.
- Swimming lessons for babies, children and adults of all abilities.
- Instructors trained beyond the National Governing Body requisites.
- Student progression well in advance of what is required for the National Curriculum, Key Stage 2*.
- All instructors checked by the Criminal Records Bureau.
- All instructors qualified with the Royal Life Saving Society.



BABYNATURE (6–36 MONTHS)

- A gentle workshop that builds and cultivates the relationship your child has with the water.
- Special exercises, games, rhymes and close interaction all work together to ensure that infants feel safe.
- You'll be amazed at what your baby can achieve!



SPEEDY'S ADVENTURE (3–16 YEARS)

- Small class sizes to accelerate the learning process.
- Hands-on approach to manipulate head and body positions, helping children understand how executing certain movements creates high-quality swimming practice.
- Fun and educational programme with a unique, interactive reward and progression scheme to boost development.



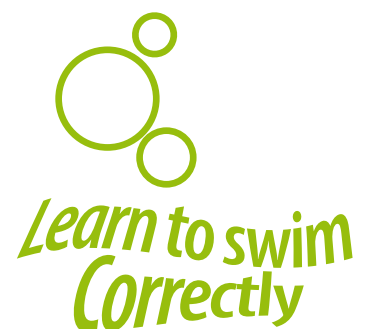
CLEAR WATER (ADULTS)

- Different levels designed to suit any ability – Beginners, Improvers, Fitness 1 and Fitness 2.
- Patient, hands-on swimming instruction whereby strokes are broken down and taught step-by-step.
- Encourages individuals to build up stamina in their own time.



FOR YOUR INFORMATION

- Safety is paramount. Ensure you are within arms' reach of your child at all times. Never leave your child unattended in or near water. Stay in your depth – if you are not confident in the deep end you should always stay in the shallow end with your child. Encourage them through games and play. They will learn and become confident more quickly if they are motivated.
- Some of the tips can be performed in the bath, however do ensure there is no soap in the bath and do not let them jump – most games should be done sitting or lying down in the bath.
- Always use common sense regarding progression. You can use the same drills and exercises in the bath. Some parents teach breathing to their children using a salad bowl filled with water! Progress to the baby pool or shallow end, preferably with steps where the child can sit, and shallow enough where they can walk.
- If you ensure that all of the recommendations included in this guide are closely followed there is no need for arm bands as we are trying to achieve a real sense of achievement, confidence and safety and control in the water.
- We **do** recommend floating devices during your holidays for fun and play, but make sure that you spend some “quality” time with your child **without** the use of floating devices to encourage them to discover what they can do by themselves in the water.
- Don't panic or show your child that you are scared of executing some of the tasks. They will look to you for support and reassurance while learning. If you are not confident in the water yourself ask another trusted family member or friend to help you out.
- It is quite normal that during the initial practices some water might get up the child's nose. It is unpleasant but I am afraid it is part of the learning process. Re-emphasise the correct instruction at all times – closing the mouth and blowing out through your nose.
- If you are really not comfortable following the tips, look for some assistance or professional guidance for yourself and your child to help you through the learning process.



Have a fun & safe holiday!



Eduardo Ferré
Founder
Swimming Nature



Please note these guidelines are provided for general information only and should not be treated as a substitute for professional supervision or advice. Before commencement you should consider consulting a trained professional to ensure the guidance is suitable, and discuss with your own doctor if you or your child have a medical condition or are taking medication. Do not allow your child to undertake any of these exercises without adult supervision. Swimming Nature can not be held responsible for any injuries which may occur as a result of these recommendations. Any application of the techniques, ideas, and suggestions provided is at the reader's sole discretion and risk.

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